

Being with nature

A simple nature connectedness activity

Taking a moment to connect with nature can boost wellbeing and alleviate anxiety. We invite you to try this simple activity.

Choose something from the garden to use as a focus. Choose something you can hold in your hands like a leaf or pebble. Or you could 'visit' a tree, flower, or other item.

Find a comfortable place to sit. Gently give your whole attention to your chosen object. Be curious – consider it as if it's the first time you've ever seen it.

- What does it look like? Feel like? Sound like? Smell like?

- What is its story? What has shaped it? What has it witnessed?
- Can you find beauty in it?
- Does this object have anything to tell you about your life? Or the world?

Spend some time simply being with your object, resting, not expecting an answer to any questions.

If it feels right to you, express your reflections by sharing with a friend, sketching, writing, or any other way you feel drawn to.

When you feel ready to finish this activity, you might like to say 'thank you' to your object and return it to the garden, or keep it.

